

Adult Skills

Sample list of life skills that children should develop.

Respect for Self	
	Hygiene
	Goal Setting
	Physical Fitness
	Nutrition

Respect for Others	
	Speaking kindly
	Proper address
	Etiquette
	Politeness

Respect for possessions	
	Conservation
	Community Service
	Proper care

Driving	
	Rules of the road
	Understand insurance
	Auto Care & Maintenance

Laundry	
	Dirty clothes care
	Sorting
	Pre treatment
	Temp settings
	Dryer do's/don'ts
	Folding
	Putting away

Education	
	Handwriting
	Scholarship Timeline
	Common Knowledge Website
	Fast Web
	Curriculum Checklist
	SAT
	ACT

General Household skills, maintenance & repairs	
	Furnace filters
	Wall repair
	Minor plumbing
	Minor electrical
	Power tool operation
	Hand tool operation
	Small Engine maintenance
	Bicycle repair and maintenance
	Simple home decoration
	Housecleaning

Money matters	
	Budgeting
	Checkbook use/maintenance
	Savings
	Thrift
	Doing without
	Allowance discussion

Job Training	
	Character (Respect, Honesty, Loyalty, etc)
	Resumes
	Finding the Job
	Keeping the Job
	When to change

Cooking	
	Basic measurements
	Following recipes
	Menu planning
	Grocery shopping

Dating	
	Dating Etiquette (proper gestures etc.)
	Dating Respect
	Rules of safety (never alone etc.)
	Age appropriateness
	Money solutions (how to date on a budget)